

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

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1-11. (Cancelled)

12. (Currently Amended) A method of maintaining long biological activity and high concentration of ascorbate and ~~isoquercetin~~ a derivative of quercetin in a human comprising orally administering a composition ~~according to claim 1~~ comprising (a) ascorbic acid, ascorbate or a derivative thereof, in combination with (b) one or more of quercetin-3-O-glucoside (isoquercetin), quercetin-4'-glucoside, quercetin-3'-glucoside, or quercetin-7-glucoside, in a molar ratio of from about 2:1 to about 1:2, the amounts being sufficient that the periods of biological activity of (a) and (b) are longer than the periods of biological effectiveness of (a) administered without (b) and of (b) administered without (a).

13-16. (Cancelled)

17. (Previously Presented) A method of extending the biological activity lifetime of ascorbic acid, ascorbate or a derivative thereof, comprising administering ascorbic acid, ascorbate or a derivative thereof in combination with one or more of quercetin-3-O-glucoside (isoquercetin), quercetin-4'-glucoside, quercetin-3'-glucoside, or quercetin-7-glucoside, in a molar ratio of from about 2:1 to about 1:2.

18-20. (Cancelled)

21. (New) The method of claim 17, wherein said ascorbic acid or ascorbate is present in an amount ranging from 150 to 1000 mg in a daily dose.

22. (New) A method according to claim 17 wherein said isoquercetin is in combination with ascorbic acid or a physiologically active ascorbate in the form of its sodium, calcium, or other mineral or organic salt.

23. (New) A method according to claim 17 wherein said isoquercetin is in combination with ascorbic acid or a mineral or organic salt thereof.

24. (New) A method according to claim 17 wherein said combination further comprises a vitamin.

25. (New) A method according to claim 17 wherein said combination further comprises a Mg, Ca, K, or Fe salt.

26. (New) A method according to claim 17 wherein said combination further comprises a trace element.

27. (New) A method according to claim 17 wherein said combination of ascorbic acid or ascorbate and isoquercetin is in a molar ratio of about 1:1.

28. (New) A method according to claim 17 wherein said ascorbic acid or ascorbate is present in an amount ranging from 30 to 4000 mg in a daily dose.

29. (New) A method according to claim 17 wherein said ascorbic acid or ascorbate is present in an amount ranging from 1500 to 3000 mg in a daily dose.

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